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Dr. Patricia Leigh



- **Neurodevelopmental Specialist**
- **Board Certified Neurofeedback Doctor**
- Practicing over 20 Years
  - Functional Neurology Training
    - Carrick Brain Institute
  - Ph.D. Training
    - Language Development & Disorders
    - Cognitive Science: Brain-Mind-Body Connection
  - Master's Level Training
    - Educational Leadership
    - Communication Disorders & Sciences
  - B.S. Speech Language Pathology

LEIGH Y BRAIN  
& SPINE  
Feeling Different? Learning Differently.

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The Brain = Super Computer of the Body



LEIGH Y BRAIN  
& SPINE  
Feeling Different? Learning Differently.

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## How Does the Brain Work?

### Neurophysiology

Brain Energy  
Brain Areas



LEIGH Y BRAIN  
& SPINE  
Preserving the core & changing the rest

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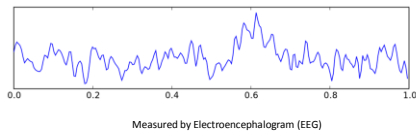
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## Electrical Energy in the Brain



LEIGH Y BRAIN  
& SPINE  
Preserving the core & changing the rest

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## Brain Waves

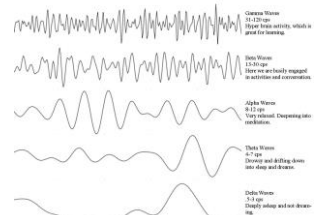
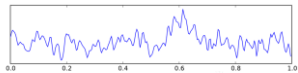
Intense Thinking

Engaged Learning

Relaxation

Drowsiness

Sleep




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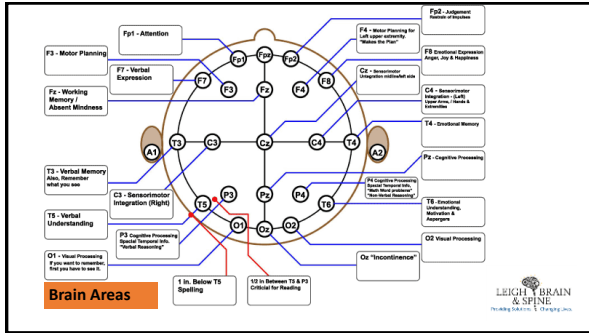
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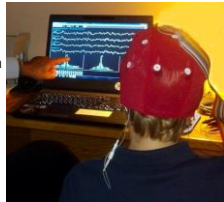
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## Quantitative Electroencephalogram (qEEG)

- Available now
- Non-invasive / accurate
- Measures the electrical energy in the brain
- Logarithm used
  - Determines how far off from optimal




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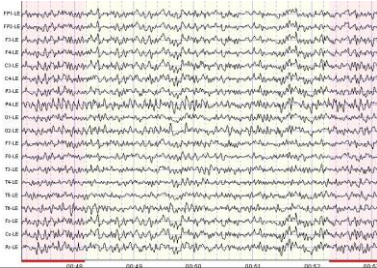
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## How Does the Brain Work?




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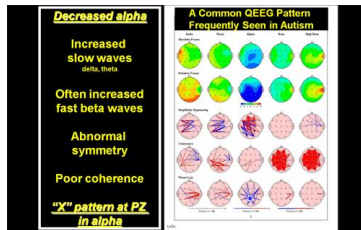
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## Autism Brain Functioning




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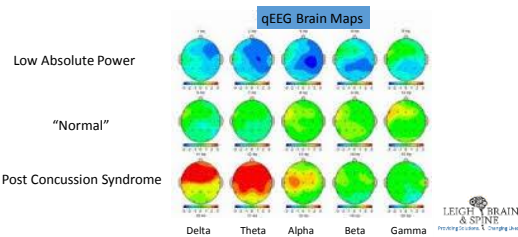
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## Head Injury Brain Functioning




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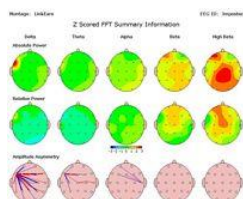
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## Anxiety Brain Functioning




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## Neurofeedback



LEIGH Y. BRAIN  
& SPINE  
Healing is a choice. A changing choice.

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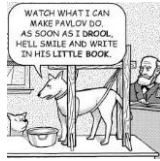
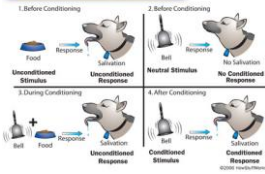
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## Brain Conditioning – Pavlov’s Dog



### How Dog Training Works




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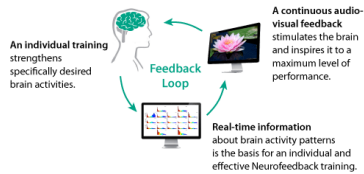
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## How It Works



LEIGH Y. BRAIN  
& SPINE  
Healing is a choice. A changing choice.

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## Students with Learning ADHD



### Endorses Neurofeedback as a LEVEL 1 Best Support

American Academy of Pediatrics Clinical Practice Guideline: Management of Children and Adolescents with Attention-Deficit/Hyperactivity Disorder			
Guideline	Recommendation	Rating	Notes
Neurofeedback	Neurofeedback is recommended as a first-line treatment for children and adolescents with ADHD.	A	Level 1 Best Support

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## What You Can Do Today

- Recognize symptoms come from the Brain
  - If they are persisting – brain is not functioning properly
  - Know the patterns
- Periods of rest and mental exercise specific to tasks that are challenging
- Academic Support that help brain functioning
- BrainWaves App in iTunes: Binaural Beats
  - Use for 5 Minutes at beginning of session for your clients needs
- Muse Calm headband – Anxiety
- qEEG Brain Maps to inform your practice




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## How does one brain say good bye to another brain?




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## More Information

• [leighbrainandspine.com](http://leighbrainandspine.com)



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